

FREE ACTIVITIES AND NUTRITION WORKSHOPS FOR ADULTS 55+ DURING THE MONTH OF NOVEMBER

The Porcupine Health Unit is sponsoring free physical activities for adults ages 55 and up.



List of the available activities:

- Falls Prevention Presentation
 - Wednesday November 4th, 10:00 a.m. at the Seniors Common Room
- Aqua Cardio
 - Wednesday November 10th & Thursday November 12th, 9:00 a.m. to 9:45 a.m. at the pool
- Get Up & Go BINGO
 - Friday November 27th, 10:00 a.m. at the Seniors Common Room

(Please sign up at the Porcupine Health Unit and don't forget your bingo dabber)

List of nutrition workshop topics - these workshops require registration. Please call the Porcupine Health Unit at (705) 868-2091 and sign up:

- Canada's Food Guide
- Grocery Store Tour
- Healthy Eating for Healthy Aging Presentation
 - Wednesday November 18th, 10:00 a.m. at the Seniors Common Room
- Nutrition Presentation & Recipe Demo (with Joëlle Zorzetto, Public Health Dietician)
 - November 25th, 11:00 a.m. to 12:00 p.m. at the Seniors Common Room

Live Life, Eat Healthy, Be Active

www.porcupinehu.on.ca